



Youth Basketball Coaching Manual

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Section 1: I volunteered to coach...now what?

Listed below are some tips from iHoops.com to help coaches for the upcoming season.

1.1 Learn the league specific rules and policies.

- 1.1.1 As the coach, it is essential you attend pre-season organizational meetings and make sure you read and understand league rules. Be sure your assistant coach understands the rules as well. Pre-season meetings are a great time to get clarification on rules and policies you may not fully understand.

1.2 Understand the value of your assistant.

- 1.2.1 Assistants not only help run practice, but they can also serve as a sounding board for you and for the players as well. Be sure to maintain an open line of communication between you and your assistant.

1.3 Have a parent from the team volunteer to be the team parent.

- 1.3.1 Designating someone for this position lets them feel like they're a greater part of the team. The team parent takes on the duties of organizing who will provide snack for each game, plan team activities and so forth. Having another parent focus on these things will allow you to concentrate on coaching.

1.4 Hold a team meeting at/before the very first practice.

- 1.4.1 Use this time to introduce yourself and your assistant. It is also the perfect time for parents of the team to meet and get to know each other. During this meeting you should make the parents aware of the league rules and policies so they will understand your coaching philosophy. At this time you should also let them know your expectations of the players and the parents. Be sure to explain the importance of players and parents exhibiting good sportsmanship. Make sure to find out from parents if their child has any medical conditions you should be aware of in the event of an emergency during a practice or game. Address any potential scheduling conflicts. Do this by finding out what other activities the players are involved in and find out from parents ahead of time what days could potentially be problematic for them regarding practices or games. Make it known to parents it is expected for all players to attend all practices and games, and if they are unable to, you should be notified in advance. Take the time to go over GRPD's Parent's Code of Ethics (located on the following page).

1.5 Build a solid rapport with each player.

- 1.5.1 This is easily accomplished by getting to know everyone's name as quickly as possible. During practice, spend a few minutes with each child. Address them by their name and compliment them when they do something well. Name tags for players during the first few practices can help everyone get acquainted more easily if they are not familiar with one another.

1.6 Coach by walking around.

- 1.6.1 This provides a greater opportunity to bond with each player; the more you do it, they will begin to feel more comfortable. Also in doing this, you are more likely to better understand the differences between each child and find specific ways to motivate them.

Section 2: Team Management

2.1 Discipline

- 2.1.1 It is not necessary to have an extensive set of rules for the team; instead, have a few rules stand out that you will emphasize throughout the course of the season.

2.1.1a Examples

- Having players show up at a specified time before practices and games.
- Letting you know ahead of time if a player won't be able to make a practice/game.
- Players and parents are expected to exhibit sportsmanlike behavior at all times.

2.2 The Ball hog

- 2.2.1 If you have a player on your team who likes to control the ball and take all the shots, rather than calling them out during practice or games, pull them aside and explain to them the importance of working with their teammates. Feel free to acknowledge what they do well, but also challenge and encourage them to be just as good at finding and passing to an open teammate.

2.3 Running up the Score

- 2.3.1 There are times when games can become one-sided with one team scoring a much more significant amount of points than the other. In this instance, do not allow your team to continue to run up the score. Instead, call a timeout and tell your team to pass the ball at least five (5) or six (6) times before a shot is taken. In doing this you are getting your team to work on their passing and ball movement skills, thus making them better all-around players.

2.4 Losing Games

- 2.4.1 Enduring a losing season is one of the greater challenges a coach faces. Rather than dwell on the negativity associated with losing, it is your job as the coach to remain upbeat and positive. Find something the team did well and focus on that. Praise them for the effort they put forth in spite of the loss.

2.5 Parents

- 2.5.1 As a coach you will have to deal with various issues and concerns from parents ranging from playing time to game strategies. How you handle these things as they come up can affect the course of the season. During your first team meeting, let it be known to the parents the best times to approach you. When they do come to you with a concern, let them say their piece – uninterrupted – and tell them you'll think about their suggestions and figure out a way to best address their concerns. Always respond in a positive, non-confrontational manner and make sure things don't get out of hand.

Section 3: Parent's Code of Ethics

Listed below is Greenville Recreation & Parks Department's 'Parent's Code of Ethics' which is signed by each parent when they register their child for all programs we offer. These points detail the Department's expectations of parents throughout the season. During your first team meeting, be sure to discuss the importance of following the 'Parent's Code of Ethics' along with your expectations of them for the duration of the season.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports events.
- I will place the emotional and physical well being of each child ahead of a personal desire to win.
- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all Greenville Recreation & Parks Department's youth sports events.
- I will remember the game is for youth—not adults.
- I will do my best to make the youth sports experience fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans and officials with respect.

I hereby pledge to provide positive support, care and encouragement for my child participating in Greenville Recreation & Parks Department's youth sports by following the Parent's Code of Ethics. I understand failure to comply could result in my suspension from youth sports events.

Section 4: Basketball Terms

The following list of basketball terms should be learned by all players. Throughout your practices, try to use this terminology so they are familiar with it during games and as they move on to the next level. Make sure to explain the terms in ways players at each level are able to understand. Ensuring players understand some of the basic terminology associated with playing basketball will help with their skill development. The terms are broken down into specific categories that are all related.

Areas of the Court

- *Backcourt* – A team's defensive half of the court.
- *Block* – The portion of the free throw line closest to the baseline.
- *Elbow* – The corners where the free throw line meets the lane lines.
- *Frontcourt* – A team's offensive half of the court.
- *Lane lines* – The lines at the side of the lane extending down from the free throw line.
- *Paint* – Area below the free throw line.
- *Top of the key* – Area slightly beyond the free throw line.
- *Wing* – The area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Common Violations

- *3-second violation* – A violation occurring when an offensive player stands in the lane for more than 3 seconds.
- *5-second violation* – When the team inbound the ball fails to pass it into play within 5 seconds.
- *Foul* – A violation resulting from illegal contact with an opposing player. Basic types of fouls include the following:
 - *Block* – The use of a defender's body position to illegally keep the offensive player from advancing.
 - *Charge* – A personal foul committed when the offensive player illegally contacts a defensive player who has established their defensive position or if they are stationary.
- *Carrying/Palming* – The dribbler puts their dribbling hand under the ball and momentarily holds or carries the ball.
- *Double dribble* – Occurs when a player dribbles the ball with two hands or they stop dribbling and then start dribbling again.
- *Over and back* – A violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt; also referred to as "backcourt."
 - *Established position in the frontcourt means both feet and the ball have crossed the half court line.*
- *Traveling* – When a player with the ball takes a step without dribbling.

Defensive Terms

- *Box out* – Using your body to maintain a better rebounding position than an opposing player.
- *Close out* – The defender quickly slides up to and guards the ball handler or ball receiver.
- *Deny* – Prevent an opponent from getting the ball by guarding them closely and staying between them and the player with the ball.
- *Man to man* – A type of defense in which a player is assigned to defend a specific opponent.
- *Press* – A type of defense that attempts to force the opponents to make errors by guarding them closely from half court, three-quarter court or full court.
- *Zone* – A type of defense that has each player responsible for defending a specific area of the court and the opponents in that area.

Offensive Terms

- *Cut* – A quick movement by an offensive player to avoid an opponent or to receive a pass.
- *Drive* – A quick dribble directly to the basket.
- *Fast break* – A team attempts to move the ball down court and score as quickly as possible before the defense has time to set up.
- *Pivot* – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- *Screen* – An offensive player stands between a teammate and a defender to give their teammate the chance to take an open shot or move to an open spot on the court.
- *Square up* – When a player's shoulders are facing the basket as they release the ball for a shot.
- *Triple threat* – An offensive position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble or pass to a teammate.